

HARFORD COUNTY SENIOR CENTERS

LUNCH MENU - NOVEMBER 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Lunch is served at 12:00 p.m. in the dining room and includes an 8 oz. carton of milk. Lunch cost: Age 60 and over: \$3.00 is the suggested donation. Under Age 60: There is a \$5.00 charge for lunch.	1. PASTA & MEAT SAUCE Parmesan Cheese Garnish Mixed Vegetables White Wheat Bread Cinnamon Apples Apple Juice Milk	2. CHICKEN SALAD Baby Spinach Grape Tomatoes Multi Bean Soup Pepper Slaw White Wheat Bread Mandarin Oranges Milk	3. (SL) Sign up by 10/27 GRILLED CHICKEN CAESAR SALAD Cream of Broccoli Soup Corn Muffin Hot Spiced Apples House Cookie Fruit Juice Milk	4. BBQ PORK LOIN Baked Beans Fresh Cole Slaw Sandwich Bun Pineapple Tidbits Orange Juice Chocolate Milk
7. CHICKEN POPPYSEED CASSEROLE White & Wild Rice Seasoned Wax Beans Diced Peaches White Wheat Bread Cranberry Juice Milk	8. MEXICAN BLACK BEAN SOUP Classic Beef Taco Mexican Rice Cabbage & Corn Salad Milk	9. ROAST TURKEY w/Gravy Mashed Potatoes Dilled Carrots Fruit Cup White Wheat Bread Apple Juice Milk	10. (SL) Sign up by 11/3 APPLE STUFFED CHICKEN White & Wild Rice Dilled Carrots Peas & Pearl Onions Butterscotch Pudding Orange Pineapple Juice Milk	11.  ALL CENTERS CLOSED
14. ROAST PORK LOIN w/Sweet Onion Gravy Sauerkraut White Wheat Bread Fruit Cocktail Fruit Punch Chocolate Milk	15. SALISBURY STEAK w/Gravy Parslied Mashed Potatoes Harvard Beets Amish Navy Bean Salad White Wheat Bread Grape Juice Milk	16. CHICKEN PARMESAN SANDWICH Marinara Sauce Whole Grain Roll Green Pea Salad Glazed Carrots Orange Juice Milk	17. (SL) Sign up by 11/10 BEEF STEAK w/Red Wine Demi-Glaze Garlic Mashed Potatoes Corn & Pepper Medley Dinner Roll Confetti Muffin Apple Juice Milk	18. ROAST CHICKEN LEG Mac & Cheese Seasoned Green Beans Corn Muffin Cinnamon Apples Apple Juice Milk
21. BBQ PORK RIBLET Yellow Rice Pilaf Seasoned Peas & Carrots Cucumber & Onion Salad White Wheat Bread Cranberry Juice Milk	22. TURKEY BREAST w/Gravy Bread Stuffing Green Beans Cranberry Salad White Wheat Bread Pumpkin Pie Fruit Cocktail & Milk	23. BBQ CHICKEN SANDW Sauerkraut Bread Fruit Cocktail Fruit Punch Chocolate Milk	24.  ALL CENTERS CLOSED	25. ALL CENTERS CLOSED
28. BAKED CHICKEN LEG w/Gravy Rice Pilaf Peas & Carrots Diced Pineapple Bread Cranberry Juice Milk	29. MEATBALL & CHEESE SUB White Wheat Italian Roll Seasoned Green Beans Mandarin Oranges Fruit Juice Milk	30. GRILLED CHICKEN In Mushroom Sauce Wild Rice Blend Waxed Beans & Green Bean Medley Bread Cinnamon Apples Orange Juice & Milk	MEAL RESERVATION PROCESS: To order a meal for a particular day, add your name to the Lunch Sign-Up Sheet no later than 10:00 a.m. TWO (2) working days in advance. To order a meal designated as a "Special Lunch" (SL) (November 3, 10, & 17), you must sign up no later than 10:00 a.m. FIVE (5) working days in advance. If you missed the sign-up deadline, your name can be added to the lunch list as a "Standby" on the day of the lunch. Please see the front desk. <i>Vegetarian lunch option is available; Please see the front desk for details and to sign up.</i>	

Barry Glassman
Harford County Executive

Amber Shrodes
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